

# LYNN COUNCIL ON AGING SENIOR CENTER



## January 2018

**Lynn Council on  
Aging**

8 Silsbee Street  
Lynn, MA 01901

781-599-0110

### From the Director's Desk

The new year is here! It is a time to start fresh and make your resolutions. In the past, I've had good intentions to keep my resolutions, but sometimes our goals do not get met. Almost everyone has vowed to eat better, or to be more active. To learn a new skill or to travel somewhere they've never been. In my opinion, most new year's resolutions are focused on oneself.

This year I am trying something new. In my everyday interactions, I resolve to put myself in the other person's shoes before I pass judgement. Maybe the grouchy person sitting next to you is dealing with an illness and they don't mean to be rude. Perhaps the woman acting out has recently lost a loved one. More simply, people may act the way they do because something out of the ordinary has happened. All too often, I feel that we judge someone as mean or troublesome because of one experience. This year I will try to get to know a person's situation before make my first impressions. They may just need someone to ask what the matter is to feel appreciated and listened to. I encourage everyone to try this resolution, and we can try together to make our community a happier, friendlier place.

Let us know what your resolutions are this year! We love to hear new ideas and I am willing to try new things!

~Stacey Minchello

### From Your Mayor


I hope you enjoyed a wonderful holiday season and are off to a great start in 2018!

This is an exciting time for the City of Lynn. There is great opportunity to build on the foundation of our history from the breathtaking waterfront with its enormous potential for development, to our unique position as the Gateway to Essex County and the North Shore, to the multiculturalism of our community and our neighborhoods. Lynn's future is brighter than ever before.

I look forward to working closely on issues important to you including increased access to elder services and benefits such as healthy aging and wellness programs, supportive day programs, and transportation. It is so important for Lynn's residents to be engaged in crafting the vision for our City's future, and I hope that you will join me in moving Lynn forward together.

~Mayor-Elect McGee

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## Lynn Council on Aging Senior Center

Publication  
funded by:

Executive Office of  
Elder Affairs &  
City of Lynn

Meet the Staff:

Stacey Minchello  
Director 781-599-0110 ext. 503

Erica Brown  
Program Coordinator ext. 618

Rosa Paulino-Diaz  
Activities Assistant ext. 625

Hours of  
Operation:

Monday thru Friday  
8 a.m. to 4 p.m.

## LCOA Board of Directors

**Arthur Akers** President  
**Minette Lall** Vice President  
**Lester McClain** Clerk  
**Joseph Bryson**  
**Pam Edwards**  
**Frank LaMacchia**  
**Charles Mitchell**  
**Marlene Vasi Eddy**

Meets 4th  
Wednesday  
monthly at  
11:30 a.m.

## FRIENDS of LCOA Executive Board

**Joan B. Noble** President  
**Ann Breen** Vice President  
**Katherine Brown** Treasurer  
**George Harvey** Recording Secretary  
**Anna Szpak** Membership Secretary

Meets last  
Thursday of the  
month @ 9:45

**Meeting Dates:** Jan 25 Feb 22 Mar 29 Apr 26  
**Considering joining the FRIENDS?** Come visit us and see what we're all about  
 Friendship first, friendly smiles making and raising funds for our senior center.

## Tired of waiting for the mail?

Monthly newsletters are posted online:  
[www.ci.lynn.ma.us](http://www.ci.lynn.ma.us)

Click City Hall

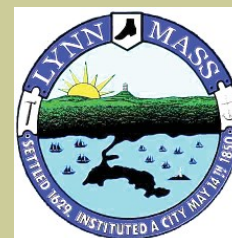
Click City Departments

Click Council on Aging

Click Our Newsletters

Click month you want to view

## Like us on Facebook!



[WWW.FACEBOOK.Com/LYNNSENIORCENTER](https://www.facebook.com/LYNNSENIORCENTER)

## IN LOVING MEMORY

In loving memory of my wife,  
Dr. Thelma Berger  
~ Dr. Harvey Berger

In loving memory of Barbara  
Griffin.  
~Janet Martino

Thank you for your donation.  
~ Sophie Karoumpalis

In loving memory of Barbara  
Griffin.  
~Cindy LeBlanc

Thank you for your donation,  
Alfonse Ferreira

In loving memory of Barbara  
Griffin.  
~Ellen Cash

Happy New Year to my friend Cheryl  
Donnelly & staff of the Lynn Senior Center.  
~Kiki & Inky

Special thanks to St. George Greek Orthodox Church  
for my beautiful gift basket for Thanksgiving.  
~Barbara

## DEDUCTIBLE DONATION

GE matches all donations made

Please consider making a tax deductible donation to assist the FRIENDS in raising funds to enhance the center. In memory or in honor of a loved one, donations will receive acknowledgement in the LCOA's monthly newsletter. Thank you in advance for your support. Families of those honored will be notified of your generous contribution. Please make check payable to: FRIENDS of LCOA



Please accept my donation \$ \_\_\_\_\_

In memory of      In honor of      In appreciation of

☐
☐
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Person's Name: \_\_\_\_\_

Send card to: \_\_\_\_\_

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Now Accepting Applications  
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**HARBOR 90FT**  
APARTMENTS

## CASINO TRIPS

### Plainridge Casino

**\$10**



Wed, Jan 17<sup>th</sup> 8:30am—5:00pm

\$10 free slot play and if you are a new rewards member, you receive a U-spin for a chance to win \$5-\$500.

Pre-paid reservation required. Marquee Rewards card number needed.

Bus leaves Lynn Senior Center promptly at 8:30am and leaves the casino promptly at 3:30pm. Book your rides home for 5:00pm.

**\*\*In case of inclement weather, trip will be cancelled. Refunds will only be issued if you notify us 24 hours in advance, or we sell your seat.\*\***

## UKE CAN DO IT! UKULELE LESSONS

The first session of the Uke Can Do It! program will finish at the end of December. We will take a brief break and a second session will begin the week of March 12th. We will have two classes for the Spring session: one for the people in session one who wish to resume playing, and one for new beginners.



## TAX HELP

We will be running our tax form program through AARP again this year. To sign up for Friday appointments beginning in February, please call Erica Brown (781-586-8618) or Rosa Paulino-Diaz (781-586-8625)

Lynn Housing Authority Family Success Center is a Volunteer Income Tax Assistance (VITA) and Tax Counseling for the Elderly (TCE) site. They will help prepare taxes for individuals who make less than \$54,000 annually, individuals with disabilities, and limited English speaking individuals. Beginning the first week in February, call 339-883-2342 to make an appointment.



## SENIOR TAX ABATEMENT WORKOFF PROGRAM

Applicants for the Senior Citizen Property Tax Work- Off Abatement must be 60 years of age as of July 1st and a homeowner or spouse of a homeowner in the City of Lynn for a minimum of 5 years. Income eligibility is based on the state Circuit Breaker guidelines: below \$57,000 for single homeowner; \$86,000 for couple. Copy of income tax return and a picture ID is required with application. If no tax return filed, applicant must submit an IRS Form 4506-T for verification of non-filing. City employees (individuals on the municipal payroll, full or part time) and their immediate family are not eligible for this program. C.O.R.I check, Privacy Statement, and Confidentiality Agreement required. Applications are available online at [www.ci.lynn.ma.us](http://www.ci.lynn.ma.us) and at the senior center and must be filed at the Mayor's Office no later than January 31st of the fiscal year to participate in the program. Maximum annual abatement of property taxes shall not exceed \$600 for 54.54 hours. Program begins December 1 and ends November 30 or once the applicant earns gross wages of \$600. Abatement is applied to the first tax bill of the following year. Applicants must apply and be subject to the lottery process annually for participation in the program.

**Questions? Call Erica at 781-586-8618.**

## MOVIES...every Wednesday @ 1:00 p.m.

### Free Popcorn & Soda Wide Screen Plasma Home Theatre System

Jan 3	Jumanji	1995	PG	103 min
Jan 10	Table 19	2017	PG13	87 min
Jan 17	Creed	2015	PG13	2h 13 min
Jan 24	Patriot's Day	2016	R	2h 13 min
Jan 31	Going in Style	2017	PG13	97 min



Don't be shy! Let us know if there's a movie you would like to see! Even if it's in the theatre now, we can queue it for months later.





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*Now Accepting Applications  
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## Three stylized snowflakes of varying sizes, rendered in a simple, clean line-art style. The largest snowflake is on the right, with six prominent, slightly curved arms. To its left and slightly higher are two smaller snowflakes, also with six arms each, but with simpler, more symmetrical designs. The snowflakes are white with black outlines.

Please note that as of Dec 1st 2017 lunch times have changed to 11:00AM—12:00PM.

## UBER AND LYFT TRAINING

Do you have a smartphone!?

Come learn about your options for **transportation**.  
Uber and Lyft can be downloaded right to your smartphone  
and are an easy, safe way to get a ride.  
Please join us **January 25th at 10am in the game room** to  
learn how to setup and use Uber and Lyft.



You **must** have a smartphone, an email  
address, **and** a credit or debit card. We will  
not handle your personal information,  
but we will show you how to set it up.

## JANUARY IS NATIONAL BRAIN TEASER MONTH!

Brain teasers are puzzles or riddles that require thought to solve. They  
are a great way to keep the mind active! Here are a few to think about:

1. Jimmy's mother has four children. She named the first child Monday,  
the second Tuesday, and the third Wednesday. What did she name  
the fourth child?
2. You are a cyclist in a cross-country race. Just before the crossing  
finish line, you overtake the person in second place. In what place did  
you finish?
3. A boy is walking down the road with a doctor. While the boy is the  
doctor's son, the doctor isn't the boy's father. Then who is the doctor?

### Answers!

1. Jimmy's mother named her fourth child Jimmy!
2. You finish in second place. If you overtake the person in second, you are in sec-  
ond place, they move to third place, and there is still one person ahead of you in  
first..
3. The doctor is the boy's mother.

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Visiting Angels

## Wellness Watch January 2018

As we welcome in the New Year it is also time of snow and ice. It's a time that calls for extra caution, but we can't let fear of the cold keep us inside the whole winter. Here are some tips that will help you stay active and healthy this winter.

### **1. Keep up your strength**

Find somewhere to exercise. Often people use the excuse in the winter that it is too cold outside to do anything. However, it can have an extremely negative effect to be sitting all the time. There are plenty of options to keep up your strength and endurance through the winter.

- Find a mall and walk around, they usually open early before it gets crowded. This can be a great place to continue your walking routine while the snow is covering the ground.

- Find a local gym or senior center for exercise classes.

- Buy light weights (or use house hold items) and follow an exercise plan in your home.
- Watch and follow an exercise DVD or on the television.

- Find an indoor pool to swim in.

There are many options for everyone, its best to find what works for your schedule and what you enjoy doing. Having an activity that you enjoy will help keep your mood up during the darker months.

### **2. Have caution with falling**

It is hard to avoid falls all together because accidents do happen. However, it is best to be cautious and to avoid situations that may be at a higher risk. Using salt on your sidewalks and walkways could help prevent slipping on ice. It is also important to make sure you have proper footwear with good tread on the bottom. If your doctor or therapist has prescribed an assistive device such as a walker or a cane that can be vital in preventing a fall when out in the snow. If there is a snowstorm in the forecast it is best to be prepared ahead of time so that you don't need to go out to the store.

### **3. Fight the bug**

Winter time is common for the flu and different sicknesses going around. It is important to stay healthy and avoid being sick as it can often lead to more serious illnesses. Wash your hands often and talk to your doctor about vaccinations. A balanced diet and exercise can also help avoid getting sick this winter. Stay warm by bundling up outside and pay attention to how long you are exposed to the cold.

**Kelsey Magnuson**

**Program Coordinator, Wellness Pathways**





## SENIOR CENTER ACTIVITIES • January 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET
9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii
9:30-11:00 KNITTING & CONVERSATION	9:15-10:45 POKENO	9:00 – 1:00 HAIR SALON	9:00-12:00 WATERCOLOR & ACRYLIC PAINTING	9:30-11:00 KNITTING & CONVERSATION
11:00-12:00 LUNCH	10:00-11:30 OIL PAINTING	9:30-10:30 BEGINNERS TAP	10:00-12:00 KIOSK (IN2L)	11:00-12:00 LUNCH
12:00-1:00 MOVE SAFE CLASS	10:00-12:00 KIOSK FOR LIVING WELL (IN2L)	11:00-12:00 LUNCH	10:00-11:00 T.O.P.S. (Take Off Pounds Sensibly)	11:30-12:15 EXERCISE CLASS (\$5)
12:00-1:00 SPORTS CLUB	11:00-12:00 LUNCH	11:30-12:15 EXERCISE CLASS (\$5)	11:00-12:00 LUNCH	1:00-2:45 BINGO
1:00-2:45 BINGO	12:00-2:45 POKENO	1:00 – 3:00 MOVIE	10:30-12:00 ACRYLIC PAINTING	
	1:30 BILLIARDS CLUB	1:00-3:00 'PENNY ANTE' POKER	12:30-2:30 JAPANESE BUNKA EMBROIDERY	
			1:00 -2:00 FREE ZUMBA CLASS	
			2:00-3:00 HORSE RACE GAME	

### OLYMPIA SQUARE APARTMENTS

429 Washington Street, Lynn

#### AFFORDABLE SENIOR RESIDENCE

- Close to stores, banks, senior center
- Spacious 1-bed apartments
- Accessible by train and bus
- On-site maintenance
- Modern laundry/community room
- Accepting applications



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Life Care Center of the North Shore is privately owned and is Lynn's best-kept secret. Located in a quiet, secluded residential neighborhood, it offers a comfortable, active environment where residents receive the nursing and rehabilitation they need while maintaining their maximum independence. Our commitment to quality care is demonstrated through out JCAHO accreditation.

#### Ready... Set... Go! Program

Our goal is for every discharged resident to be independent and safe in all areas of daily living. The Ready... Set... Go! Program allows our care-giving team to work with each rehab participant and his or her family to establish recovery goals and discharge plans.

Please come by for a tour, or call Robin Simmons or Cathy Davis in admissions for more information.



111 Birch St., Lynn, MA 01902

781.592.9667

SKILLED NURSING CARE \* SUBACUTE CARE \* PHYSICAL THERAPY  
OCCUPATIONAL THERAPY \* SPEECH THERAPY \* RESPITE CARE

# BOARD GAMES

H	E	F	I	L	O	L	L	E	H	T	O	H	S
L	E	L	B	B	A	R	C	S	P	K	S	O	D
R	E	T	S	I	W	T	E	L	C	A	G	Y	R
L	U	I	Y	R	R	O	S	M	D	D	O	O	M
K	R	S	E	N	A	O	O	R	A	R	M	L	O
E	T	B	U	L	G	N	E	J	L	A	G	D	C
R	A	O	L	O	O	D	E	L	H	L	S	H	P
P	S	G	C	P	L	N	E	J	L	E	E	M	O
L	D	G	O	A	G	O	O	B	M	S	O	O	U
U	L	L	B	A	A	N	E	F	S	I	N	E	R
N	Y	E	E	P	G	E	R	I	S	K	B	F	J
K	P	E	R	F	E	C	T	I	O	N	O	R	I
L	L	R	O	T	R	O	U	B	L	E	I	J	E
T	O	N	T	R	R	R	S	O	U	H	O	J	I

BALDERDASH  
MONOPOLY  
DOOM  
LIFE

OTHELLO  
JENGA  
CHESS  
TWISTER

PERFECTION  
MAHJONG  
SCRABBLE  
BOGGLE

SORRY  
KERPLUNK  
RISK  
CLUE

TROUBLE



# January 2018

Requested Donation is \$2.00 per meal

## Greater Lynn Senior Services COMMUNITY CAFE MENU –JANUARY 2018

GLSS NUTRITION  
781-586-8695

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <b>HOLIDAY</b> <b>NO MEAL SERVICE</b>	<b>2</b> Roast beef/gravy(84) Mashed potatoes(107) Calories-600 Sodium-464 <b>ALTERNATIVE</b> Veggie burger/BBQ sauce(670)* Calories-600 Sodium-1050	<b>3</b> Teriyaki meatballs(479) Fried rice(146) Calories-702 Sodium-1060 <b>ALTERNATIVE</b> Fish/coconut sauce(290) Calories-783 Sodium-702	<b>4</b> Chicken pot pie(620)* Red potatoes(5) Calories-600 Sodium-924 <b>ALTERNATIVE</b> Veggie stuffed pepper(100) Calories-600 Sodium-500	<b>5</b> Cheese lasagna(405) Soup/crackers(240) Calories-645 Sodium-1176 <b>ALTERNATIVE</b> Garlic chicken(116) Calories-772 Sodium-903
<b>8</b> American chop suey(316) Cauliflower(14) Calories-933 Sodium-804 <b>ALTERNATIVE</b> Egg and cheese croissant(410) Potato wedges(200) Calories-713 Sodium-916	<b>9</b> Potato Pollock/tartar sauce(382) Soup/crackers(272) Calories-790 Sodium-1097 <b>ALTERNATIVE</b> Pasta primavera(200) Glazed carrots(124) Calories-600 Sodium-656	<b>10</b> Roast chicken(64) Soup/crackers(70) Calories-754 Sodium-560 <b>ALTERNATIVE</b> Ravioli/tomato sauce(572)* Garlic zucchini(10) Calories-650 Sodium-872	<b>11</b> Dijon crusted pork(344) Sweet potatoes(43) Calories-701 Sodium-739 <b>ALTERNATIVE</b> Oven fried chicken(300) Broccoli(10),sweet potato Calories-600 Sodium-695	<b>12</b> Turkey a la king(184) Rice(199) Calories-767 Sodium-797 <b>ALTERNATIVE</b> Stewed beef(422) Plantains(16) Rice(200) Calories-885 Sodium-1028
<b>15</b> <b>HOLIDAY</b> <b>NO MEAL SERVICE</b>	<b>16</b> Broccoli cheddar bake(436) Soup/crackers(160) Calories-905 Sodium-1123 <b>ALTERNATIVE</b> Pork/BBQ sauce(445) Calories-640 Sodium-733	<b>17</b> Turkey/gravy(449) Stuffing(212) Peas(58) Calories-668 Sodium-1000 <b>ALTERNATIVE</b> Beef/onions(116) Calories-702 Sodium-600	<b>18</b> <b>HAWAIIAN LUAU</b> Chicken/ pineapple sauce Island style fried rice Tropical slaw Lau cake Calories-883 Sodium-1171	<b>19</b> Meatballs/ sauce/ pasta(325) Salad/dressing(136) Calories-711 Sodium-761 <b>ALTERNATIVE</b> Honey lime chicken(204) Calories-800 Sodium-627
<b>22</b> Beef stew(117) Mashed potatoes(107) Calories-773 Sodium-696 <b>ALTERNATIVE</b> Veggie Shepherd's pie(150) Calories-600 Sodium-715	<b>23</b> Stuffed shells/sauce(505)* Salad/dressing(262) Calories-606 Sodium-1040 <b>ALTERNATIVE</b> Chicken stew(190) Calories-640 Sodium-630	<b>24</b> Chicken picatta(140) Soup/crackers(150) Calories-759 Sodium-995 <b>ALTERNATIVE</b> Veg. enchilada(260) Calories-780 Sodium-1000	<b>25</b> Baked haddock(296) Roast potato(121) Calories-600 Sodium-731 <b>ALTERNATIVE</b> Chicken/sauce(150) Calories-600 Sodium-585	<b>26</b> Swedish meatballs(375) Mashed potatoes(107) Calories-687 Sodium-983 <b>ALTERNATIVE</b> Honey mustard pork(195) Calories-720 Sodium-803
<b>29</b> Turkey divan(234) Pasta(20) Broccoli(10) Calories-746 Sodium-546 <b>ALTERNATIVE</b> Pasta/ cheese sauce(157) Calories-746 Sodium -547	<b>30</b> Fish/ tartar sauce(300) Roasted squash(22) Calories-615 Sodium-675 <b>ALTERNATIVE</b> Oven fried chicken(300) Calories-615 Sodium-675	<b>31</b> Ham and cheese bake(350) Soup/crackers(153) Calories-650 Sodium-764 <b>ALTERNATIVE</b> Spanish meatballs(228) Calories-704 Sodium-827	NUMBERS IN ( ) ARE SODIUM FOR THE ITEM. CALORIES AND SODIUM ARE ALSO LISTED FOR THE ENTIRE MEAL,INCLUDING MILK,BREAD AND DESSERT.	

MEALS SUBJECT TO CHANGE WITHOUT NOTICE.

# Hair Salon

## **SOPHIE'S SALON**

### **WEDNESDAYS**

**9:00 AM—1:00 PM**

WASH & CUT	\$10
WASH & BLOWDRY	\$10
WASH, CUT & SET	\$20
COLOR	\$25
PERM	\$45
WAX	\$5

*WALK-IN OR APPOINTMENTS*

**KIOSK FOR  
LIVING WELL**  
EVERY **TUESDAY &  
THURSDAY**  
10:00 AM—12:00 PM

**MILLION HEARTS  
NURSE**  
**2ND TUESDAYS &  
4TH THURSDAYS**  
10:00 AM—12:00 PM

Capture the Pride!



Lynn Council on Aging Senior Center

## WELLNESS OFFERINGS

### PODIATRIST



**Thurs., Jan 4th & Thurs Jan 25**

10:00 am - 12:00 pm

Call for appointment. Bring Insurance Card

### BLOOD SUGAR & BLOOD PRESSURE

**Every Wednesday**

8:00 am - 9:00 am



### LYNN COUNCIL ON AGING SENIOR CENTER

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